

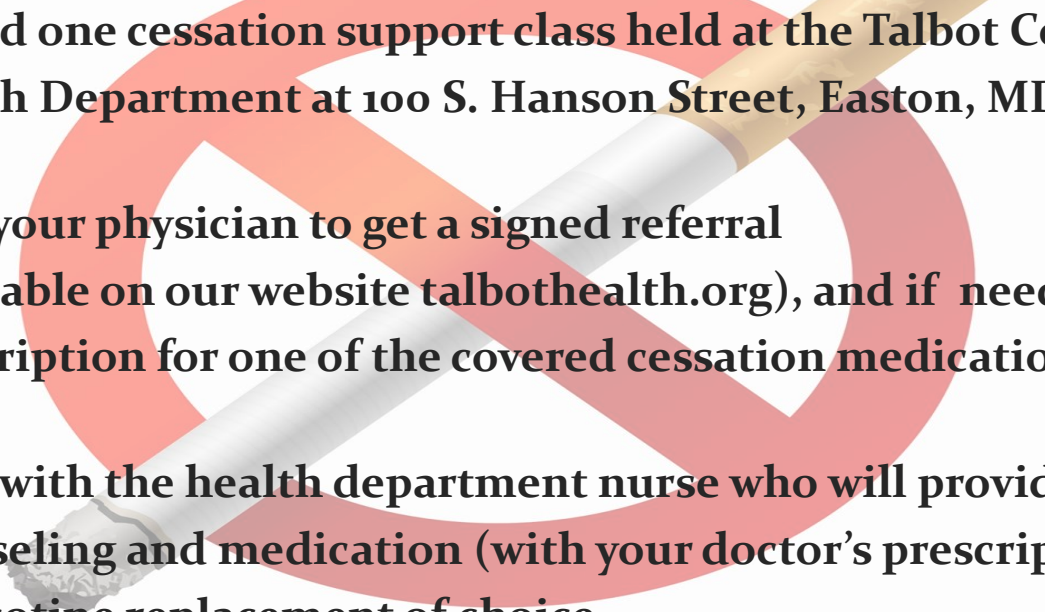


# **BREAK THE HABIT**

## ***Talbot County Health Department***

provides **FREE** classes as well as **FREE** Chantix, bupropion, nicotine patches, gum and lozenges.

### **A few easy steps:**

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- ◆ Attend one cessation support class held at the Talbot County Health Department at 100 S. Hanson Street, Easton, MD 21601
  - ◆ Visit your physician to get a signed referral (available on our website [talbothealth.org](http://talbothealth.org)), and if needed a prescription for one of the covered cessation medications
  - ◆ Meet with the health department nurse who will provide counseling and medication (with your doctor's prescription) or nicotine replacement of choice.

**ACT NOW!**

**Call Talbot County Health Department at 410-819-5639**

**Funded by the Maryland Tobacco Restitution Fund**